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spoonful (15g) of ice cream, or 30g of frozen yogurt of choice. 2
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Diet Suggestions

Trying to put Walfords 14 day sample diet into practice can prove to be a grocery shopping and preparing nightmare. The diet planning definitely takes a lot of work. I'm converging to a quick to prepare core set of foods, as can be seen below. Remember, if you are in a hurry, frozen veggies are your friend.

Breakfast Options:

1) Microwave 8 oz of water, add to oat bran (30 g) and dried prunes (25 g). Prep Time: 3 minutes
2) grape nuts (30g), blueberries (frozen if necessary) (50 g), skim milk (65 g). Prep Time: 3 minutes
3) banana, strawberry, blueberry, milk, plain yogurt, etc. smoothie. Prep Time: about 10 minutes including cleanup

Lunch Options:

1) I've been eating a frozen dinner, Taj Indian Gourmet - not sure how available they are, but they are pretty good, made with canola oil, a 342g serving has about 350 calories. You can cook them in the microwave in about 5 min.
2) I add other frozen veggies to the Taj dinner to dilute the salt a bit and bulk it up even more. Nuke the veggies for 3 - 4 minutes and just mix everything together: mostly frozen spinach (50 - 100g), peas (50 - 100g), corn (25-50g), green beans (50 - 100g) Total Prep Time for (1) and (2) about 8 minutes.

Dessert

apple or orange

Snacks:

1) pear, apple or orange (whatever wasn't eaten at lunch)
2) 20-30 g of mixed nuts (including 1 brazil)
3) granola bars, nature valley (90 calories each).
4) dry fruit like dates, prunes, apricots, figs.

Dinner Options:

1) Nuke 75 g sweet potato for 4-5 minutes. This dries it out and makes it chewy (which I like). Eat with 75-100 g nonfat plain yogurt.
2) Steamed broccoli and cauliflower, about 7 minutes total prep time.
3) Frozen brussel sprouts (125 g), nuked for 5 min, raw carrots (100 g), nuked for 3-4 minutes, 85 g barilla tomato sauce. Combine all together. Prep Time: about 6 minutes if you nuke everything together.
4) Poached "omega 3" egg on sprouted wheat (small, 60 cal. slice of bread) with Dijon mustard.
5) Tomato (100 g) and spinach (100 g) and some sort of canned bean like kidney, garbonzo (75-100g)with balsamic vinegar and oil to taste.

Dessert:

spoonful (15g) of ice cream, or 30g of frozen yogurt of choice.

The Hereditary Walford Potato

Serves 2, Preparation time: 15 minutes+1 hour unattended

1 large russet potato
1/3 cup nonfat yogurt
2 tablespoons buttermilk
1 teaspoon nonfat dry milk (op)
2 cloves minced garlic
2 tablespoons minced red onion
1 teaspoon Spike, or other all natural seasoning
pepper to taste

Method
Preheat oven to 350 degrees.
Pierce the potato several times with a fork to facilitate even baking. Bake in a shallow dish or on the oven rack for 45 minutes to an hour, or untill a fork easily pierces the potato. Remove from oven and cool.
When cool, slice the potato in half, either lengthwise or across the waist. Carefully, so as not to tear the potato skin, scoop out the potato meat and mash. Mix in the yogurt, optional nonfat dry milk, and enough buttermilk to form a smooth, light stuffing. Add the garlic, onions, and your choice of seasonings. Gently stuff the potato skin. If you are using cheese, sprinkle on top.
Reheat the stuffed potato halves for 15 minutes.

NUTRIENT TOTALS: (including optional nonfat dry milk) 209 total calories, 4% calories from fat, 25% calories from protein, 72% calories from carbohydrates.
Fiber, 8% RDA; Cholesterol, 2% ODA; Vit. A, 6% RDA; Vit. B6, 29% RDA; Vit. B12, 51% RDA; Vit. C,44% RDA; Vit. E, 2% RDA; Calcium, 31% RDA; Iron, 7% RDA; Magnesium, 22% RDA; Sodium, 189.5 mg, 8% RDA; Zinc, 17% RDA

VARIATIONS: This is the basic starter kit. For variety, improvise with one or several of the following:
1/4 red pepper, finely chopped

Now watch the vitamin A and C soar! from just a little bit of red pepper. This is how we create Nutrient Dense meals.
NUTRIENT TOTALS: 214 total calories, 4% calories from fat, 23% calories from protein, 72% calories from carbohydrates.
Fiber 9% RDA; Cholesterol, 2% ODA; Vit. A, 27% RDA; Vit. B6, 31% RDA; Vit. B12, 51% RDA; Vit. C, 103% RDA; Vit. E, 3% RDA; Calcium, 31% RDA; Iron, 8% RDA; Magnesium, 22% RDA; Sodium, 8% RDA; Zinc, 17% RDA.
More variations: 1 tablespoon tomato paste, rich in fiber, Vitamin C and E, *or*
1 teaspoon worchestire sauce, *or*
1 teaspoon sap sago, feta, or parmesan cheese, finely grated
herbs: tarragon & tyme; or dill & oregano; marjoram & oregano; basil
The variety is only limited to your imagination!

Roy's Amazing Spaghetti

Serves 2, Preparation time, 20 minutes+15 unattended

1 small spaghetti squash
1 oz whole wheat spaghetti or udon noodles
1/2 onion, diced fine
4 cloves garlic, minced
1/2 bell pepper, chopped
3 medium-large shitake mushrooms (dried or fresh)
1 large tomato, chopped coarsely
1 10 oz fat-free spaghetti sauce
1/3 6 oz can tomato paste
1/4 cup (or to taste) fresh salsa
1/4 cup parsley, minced
Sap sago or parmessan cheese

Method
Preheat oven to 350.
Pierce the spaghetti squash with a knife several times and place it in a shallow dish. Bake for 35 mintues, or untill a fork easily pierced the squash.
Meanwhile, lightly spray a medium skillet with olive oil. Place over a medium flame and saute the garlic and onions for 5 minutes, stirring frequently. Add a little water or broth if necessary. Add the bell pepper and shitake mushrooms. Cover and cook for 3 minutes. Remove cover and continue to saute, stirring frequently, untill the peppers are soft. Add the tomato and stir.
Prepare the noodles according to the instructions on the package. When done, drain well.
Heat the spaghetti sauce and the tomato paste in the microwave or in a small pot.
In a large pot, combine the noodles, spaghetti squash, the tomato sauce, salsa, and parsley. Stir well.
To serve, sprinkle a little grated sap sago cheese over the spaghetti.

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NUTRIENT TOTALS: 400 total calories; 5% calories from fat, 13% calories from protein, 82% calories from carbohydrates.
Fiber 42% RDA; Cholesterol 0; Vit. A , 82% RDA; Vit. B6, 82% RDA; Vit. B12, 0; Vit. C, 201% RDA; Vit. E, 76% RDA; Calcium, 15% RDA; Iron, 40% RDA: Magnesium, 58% RDA; Sodium, 76% RDA; Zinc, 28% RDA.

VARIATIONS: To add Vitamin B12 to this recipe, you could add some lightly seared lean steak, or, for vegetarians, tempeh. Tempeh is a soy based food rich in B12 due to the fermenting process involved in its preparation. It comes in many flavors, is easy to prepare, low fat, and very nutritious. Most health food stores will carry tempeh.

2 ounces top ***round steak***, fat trimmed, chopped, and lightly seared in a non-stick panNUTRIENT TOTALS: 470 total calories, 8% calories from fat, 21% caloried from protein, 71 calories from carbohydrates.
Fiber, 42% RDA; Cholesterol, 25% ODA; Vit. A, 82% RDA; Vit. B6, 97% RDA; Vit. B12, 115% RDA; Vit. C, 201% RDA; Vit. E, 76% RDA; Calcium, 15% RDA; Iron, 58% RDA; Magnesium, 65% RDA; Sodium, 78% RDA; Zinc, 61% RDA.

1/2 cup ***tempeh***, chopped and lightly stir fried in a non-stick pan coated with olive oil spray
NUTRIENT TOTALS: total calories, calories from fat, calories from protein, calories from carbohydrates.
Fiber , 42% RDA; Cholesterol 0; Vit. A, 93% RDA; Vit. B6, 98% RDA; Vit. B12, 41% RDA; Vit. C, 201% RDA; Vit. E, 76% RDA; Calcium, 21% RDA; Iron, 52% RDA; Magnesium, 78% RDA; Sodium, 76% RDA; Zinc, 41%.

The longest recipe in the world:

First, let two nice, fat sweet potatoes sit unmolested on a shelf or table until they begin to sprout, and have sent up little shoots an inch or more in length. That takes two to three weeks. Then, a month before dinner time, place the potatoes in a pot outside your back door, just barely cover them with soil, and water them ever few days. In a month you'll have abundant leaves,

An hour or so before dinner, cut off the leaves, and proceed as follows:

- 6 cloves garlic or more, minced
- 4 oz ground turkey, lean ground beef, or chicken
- or 1 package tempeh, crumbled, marinated (optional)
- 1 med onion, chopped fine
- 10 roma tomatoes or 2 large tomatoes, chopped
- 1 can vegetable broth
- 4 oz tomato paste
- a little cayenne, a little black pepper
- 1/2 tsp marjoram
- 1/2 tsp oregano
- 2 summer squash, diced
- sweet potato leaves, lots

Place a small amount of olive oil in a non-stick pan over a medium flame. Add half the garlic and the tempeh or ground meat. Stir fry until lightly browned. Remove, and set aside.
Add a little more oil, the remaining garlic, and onions. Cover and simmer until the onions are tender. You may need to add a little water or broth if the ingredients get too dry. Add tomatoes, tomato paste, vegetable broth, and some hot chili pepper or cayenne. Simmer until the broth is thick. Add the squash, the tempeh, and the sweet potato leaves. Simmer a final four to five minutes until the squash is tender.

Serve over millet, or pasta or potatoes cooked with peas.

Per serving; 1.5 cups of sauce: 105 calories, 26% calories from protein, 55% calories from carbohydrates, 10% from fat. RDA values: Vitamin A, 30%; Vitamin B6, 19%; Vitamin B12, 12%; Vitamin C, 30%; Vitamin E, 20%; Calcium 5%; Iron 12%.

CARROT SOUP

Serves 8
High in vitamin A and beautifully crimson colored, this Carrot Soup with beets is spiced with ginger to warm you in the winter and cool you off in the summer. This soup whips up in fifteen minutes, freezes well, and adds festive color to every table.

- 2 bunches carrots, scrubbed
- 4 fresh red beets, well washed
- 3 leeks, green tips trimmed off
- ¼ cup freshly grated ginger
- 1 large red pepper, roasted
- or ½ cup canned roasted red peppers
- 4 cups vege or chicken stock
- ½ cup cilantro, chopped
- olive oil cooking spray

Method

Cut the carrots into 2 inch pieces. Dice the beets. Steam both together until tender, approximately 10 minutes.
Slice the leeks into thin pieces. Spray a small skillet with non-stick olive oil. Sautˈ the leeks and ginger until the leeks are translucent.
In a food processor or blender, puree all ingredients together. If you want a creamier textured soup, you may choose to puree the veges in the food processor (this will puree quickly and simply in 2 rounds) and then transfer to the blender. The blender, being smaller, requires you to whip the soup in several smaller batches to make a truly creamy carrot soup.
Reheat and garnish with cilantro.

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70 Calories per serving. Percentage of calories from: Fat 4%, Protein 10%, Carb. 86%, 0 Choles.)

ORANGE VEGETABLE SOUP

Serves 4
This soup is loaded with flavor and nutrients both. This soup is harvest orange, a bright sign of its' super Vitamin A boost. A strong anti- oxidant, vitamin A is in the front battalion against free radicals. Serve along with a piece of Salmon, a light salad, or a slice of Vegetable Quiche.

- 1 large sweet potato
- 2 carrots
- 2 cups cooked pumpkin (fresh or canned)
- 2 cups vegetable bouillon
- 1/4 cup barley
- 2 3"x1" strips kombu, soaked in 1/2 cup water for 10 minutes
- 1 tblsp brewer's yeast
- 2 tblsp whole wheat flour
- 2 tblsp wheat germ
- 2 tblsp cumin
- 1 tblsp ground ginger
- 1 tblsp rosemary
- 1 tsp marjoram
- 1/2 tsp black pepper, or to taste
- salt to taste
- 1 orange

Method:
Cut sweet potato and carrot into 2" chunks. In a medium sauce pan, steam until soft, approximately 10 minutes.
In a medium sauce pan, heat 1 cup of water to a boil. Add barley and simmer over low heat for 15 minutes.
Position knife blade in a food processor bowl. Add half of the sweet potato, pumpkin, and carrots and the kombu with a little of the broth. Purée until smooth. Add the other half of the vegetables, the barley, the yeast, the hole wheat flour, the wheat germ, the spices, the orange, and half of the remaining broth. The soup will be very thick. While the motor is running, gently pour in the remaining broth until the soup reaches the consistency you prefer. If you like a truly creamy texture, you may want to further purée the soup in several small batches in a blender. Reheat and serve.

Per Serving: Calories 151, Per centage of calories from: Fat 4.5%, Protein 12%, Carb. 83%, 0 Choles.

ASPARAGUS GUACAMOLE

Lighter that its avocado cousin, and deliciously creamy, serve Asparagus Guacamole with baked corn tortillas, or use to top our Black and White Refried Beans. Stuff inside of pita breads along with falafel or turkey balls, or use it as a topping for grains.

8 fresh asparagus spears, (if stalks are very thick, use tips only
1/2 cup low-(or nonfat) fat cottage cheese or soft tofu
1 clove garlic
Juice of 1/2 lemon
Salsa, bottled or homemade, to taste

Method
Steam the asparagus until tender, about 5 minutes. Plunge briefly into ice water to retain its bright green color. Be sure to do this; the colorfulness of the guacamole will enhance your enjoyment of it.
In a food processor, with the blade running, add the garlic first, the asparagus, and then the cottage cheese or tofu. Process the mixture until the cottage cheese's curds have totally disappeard and the consisteny is velvety smooth. Stir in the lemon juice and salsa.
Note: You can also prepare this with broccoli stems (no flowerets), substituting 8 stems for the asparagus. Trim off any leaves and peel the thick outer skin off each stem. Steam untill stems are totally tender, from 20 to 30 minutes depending on thickness. Put the stems in the food processor and process until they are velvety smooth before adding the other ingredients.

Per Serving: Calories 40, Percentage of calories from: Fat 9%, Protein 48%, Carb. 43%, 1 Choles.

MUSSEL, POTATO, AND ROASTED PEPPER SALAD

Serves 4

The Salad

1½ lbs baby red potatoes
2 lbs mussels (weight with shells)
3 roasted red peppers, sliced into long thin strips

Basil Vinaigrette Dressing

1/3 cup fresh basil
1/3 cup rice vinegar, (or 1/3 cup white wine vinegar + 1 tsp. sugar)
1 tblsp olive oil
1 tblsp Dijon mustard
1 clove garlic
½ tsp. black pepper

Method

Fill a large pot with water and bring to a roiling boil. Add the potatoes and return to a gentle boil. Cook for 15-25 minutes, depending on the size of the potatoes. They should be soft when speared with a fork. Drain well.
To prepare the mussels, pull the beard off and lightly scrub with a stiff brush. Place in a large kettle with ¼ inch of water and bring to a boil. Lower heat and steam for 5 minutes, or until the mussels open. Discard any that don't open. Remove from heat and cool. Remove shells and add the meat to the potatoes. Discard the shells.
In a small jar, mix all the ingredients of the basil vinaigrette. Shake well.
Gently toss the potatoes with the red peppers, mussels, and dressing. Cover and refrigerate for 30 minutes to a day. This dish tastes great either room temperature or chilled.

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231 Calories per serving. Percentage of calories from: Fat 21%, Protein 32%, Carb 46%, 50 mg Choles.

MARINATED BROCCOLI SALAD with TOASTED WALNUTS

Serves 4

We have observed that different people have different cravings or tolerances for oil in their diet. Some people really savor a certain amount of oil, while others can do without it totally. We encourage you to play around with the amounts of oils recommended in these recipes to see which kind of person you are. As a general rule, if you're the kind of person who can comfortably skip the oil entirely, then you can allow yourself to eat a double portion of the salad itself.

- 6 thick stems with florets of broccoli
- 2 tomatoes
- 4 scallions
- ½ cup walnut pieces

Separate the broccoli stems from the broccoli flowerettes. Chop broccoli stems into ½ slices. Separate flowerettes into bite size pieces. Steam the broccoli until barely tender. Drain and cool. Coarsely chop the tomatoes. Toast the walnut pieces in a 350 degree oven for 15 minutes. Chop the scallions. Mix all the ingredients together.

Dressing

- ¼ cup lemon juice
- ¼ cup balsamic vinegar
- ½ tsp. walnut oil
- 4-5 drops sesame oil
- 3 large cloves garlic, minced
- 2 tblsp Dijon mustard
- 1 tsp. low sodium soy sauce
- 2 tsp. tarragon or marjoram

Mix all the ingredients together in a small jar and shake to blend. Stir into the vegetables and marinate, chilled, for at least 30 minutes.

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100 Calories per serving. Percentage of calories from: Fat 22%, Protein 25%, 0 Choles.

REFRIED BLACK AND WHITE (soy) BEANS

Serves 8

2 1/2 cups black beans, soaked overnight
1 1/2 cups soybeans, soaked with the black beans
12 cloves garlic
6 jalapeno chilis, seeded and chopped
3 3"x1" strips kombu, chopped
broth or water
5 tsp ground cumin
3 tsp coriander seed .
1 cup prune juice
dried hot pepper flakes (optional)
olive oil cooking spray

Method
Place the beans, garlic, chilis and kombu in a 3 quart saucepan with enough water or broth to cover.
Bring to a boil, reduce heat and simmer for 45 minutes, or until beans are tender. Purée in a food processor or mash with a potato masher or fork.

Refried Beans: Generously spray a non-stick skillet with olive oil. Place the puréed beans over medium heat. Mix in the cumin and coriander seed. If you like spicy beans, you might want to add some dried hot pepper flakes (I do). Stir the beans frequently, turning the batter from the bottom to the top. In a good non-stick skillet it will turn crusty without sticking. As the liquid in the beans begin to dry up, slowly add the prune juice, 1/4 cup at a time. Slowly "refry" beans for about 15 minutes.

Fresh Salsa:
Meanwhile, drain 2 cups of chopped tomatoes. Tear off (or snip off with scissors) one bunch of cilantro leaves, wash gently but thoroughly, and chop coarsely. Mix 1 finely chopped red pepper, tomatoes, 1 finely chopped onion and cilantro together and store in the refrigerator.

INDONESIAN PAELLA

Serves 8

Indonesians call their version of Paella "Pullao". With the addition of mung beans, this pullao is more nutritious and quite a bit spicier than the Paella Classic. People who live in tropical climates tend to eat spicier foods, and they complement these dishes with yogurt based salads. Combine thinly sliced cucumbers with nonfat yogurt, a little marjoram or dill, and a dash of salt. Or, serve this Pullao with sliced fresh tomatoes.

2 large skinless chicken breasts, cut into bite size pieces
1 lb. medium shrimp
2 large green chilis, seeded and minced (wear gloves when handling fresh chilis)
1 1/2 cups cooked whole mung beans,
or 4 cups mung bean sprouts,
or 1 1/2 cup cooked black-eyed peas
2 cups brown rice, soak for 1/2 hour
1 tsp black mustard seeds
1 large onion, chopped
5 cloves garlic, minced
2 tsp fresh ginger, peeled & minced
1/2 lb string beans, cut into 1/4" pieces
2 large tomatoes, chopped
1 large carrot, sliced into 1/4" pieces
3 3"x1" strips kombu, soaked for 10 minutes, chopped
1 1/2 tsp ground coriander
1 tsp ground cumin, cardamon
2 tblsp parsley, chopped
1/4 cup cilantro, chopped
olive oil cooking spray

Method

Preheat oven to 325".

Spray a large skillet with olive oil and place over a medium heat. When hot, add the mustard seeds. As soon as the seeds begin to pop (just a few seconds), add the chopped onion. Stir, adding small amounts of water if the onion is getting too dry, and cook over medium heat until the onions are just wilted. Add the garlic, chilis and ginger. Stir and continue to cook over medium heat for 2 minutes. Lower heat and add the chicken. Stir until the chicken turns opaque, about 4 minutes. Add the beans, (if you are using sprouts, add them during the last 10 minutes of cooking) rice, carrots, tomatoes, string beans, and spices. Saute and stir for about 10 minutes or until the rice turns translucent and the vegetables are bright in color.
Add 2 cups of water or broth and the minced parsley. Turn heat to medium-low, cover and simmer 30 minutes. Cover the rice with the shrimp and replace the lid. Cook over a low flame for 10 minutes.
When the rice is tender and all the liquid has been absorbed the Pullao is ready. Fluff the rice with a fork and gently mix in the cilantro.
This dish freezes very well and makes a wonderful lunch.

Per Serving: Calories 436, Fat 10%, Protein 34%, Carb. 56%, 244 mg Choles

LEAFY GREENS QUICHE

Yield: 2 Quiches, Serves 8 (one serving = 1/4 of one quiche)

The Crusts: (for two quiches or shaped into small patties and baked as lowfat hash browns. Serve with salsa , Curry sauce, or Creamy Garlic sauce)

- 3 medium russet potatoes, scrubbed and washed
- 1/2 cup wheat germ
- 1/2 cup whole wheat flour
- 2 tblsp yeast
- 3 cloves garlic, minced
- 1 egg white
- 2 scallions
- black pepper
- canola oil cooking spray

The Filling:

2 lbs total of mixed greens: kale, chard, collard or turnip greens, spinach
lemon juice (optional)
1/2 - 1 lb shitake mushrooms, washed and chopped
1 tsp soy sauce
1 medium red pepper, diced fine
5 cloves garlic, minced
8 oz lowfat or nonfat ricotta cheese
8 oz lowfat or nonfat cottage cheese
3 3"x1" strips kombu, soaked 15" and chopped
6 egg whites
1/4 cup mirin or dry sherry
2 tblsp thyme
2 tblsp marjoram
1 tsp hot paprika
extra tabasco sauce to taste
1 sheet nori
1 8oz jar or can artichoke hearts packed in water, quartered (optional)
olive oil cooking spray

Method:
Preheat the oven to 350 degrees.

The Crust: Grate the potatoes, skins and all, in a food processor. Mix all ingredients in a large bowl, stirring until the flour coats all the potatoes. Spray two deep pie dishes (or a large lasagna pan) or with canola oil and pat the crust in evenly. Bake for 20 - 30", or until the crust is crisp.

The Filling: wash/chop/steam the greens in a little bit of water & lemon juice until all stems are soft.
Stir fry the shitake mushrooms in olive oil with 1 tsp soy sauce until chewy.
Using a food processor, puree all the greens with the cheeses, kombu, egg whites, mirin and garlic. Transfer to a large bowel and stir in the mushrooms and all of the remaining vegetables and the herbs. Season to taste with tabasco.
Line the two potato pie crusts with the one sheet of nori cut into strips, then fill both pies with the greens-cheese mixture.
Bake in the preheated oven for only 10 minutes. Serve immediately.

One serving = 1/4 of one quiche. Calories 388, Fat 8%, Protein 20%, Carb. 71%, 5 mg Choles.

VEGETABLE PATE with VELVET SAUCE

Serves 8

It is wonderful served hot or cold, and is great left-over for sandwiches.

PATE

2 cups lentils
1 cup soybeans, soaked overnight
1 3" x 3" piece kombu, chopped
1/2 lb kale
5 cups vegetable broth
6 egg whites
1 12 oz can evaporated skim milk
2 cups all bran cereal, any unsweetened brand
2/3 cup wheat germ
2/3 cup rolled oats
8 medium carrots, grated
1 large onion, chopped
1 tblsp worchester sauce
1 tblsp dill
1 tsp black pepper
canola oil cooking spray

Sauce Velvet:

1/4 cup tahini
1/4 cup water
2 cloves garlic
2 tblsp brown rice vinegar
1 tblsp low sodium soy sauce
1 tblsp lemon juice
1 cake (10 oz) soft tofu
white pepper
salt to taste

Method:

Preheat oven to 350.
Bring the vegetable broth to a boil in a large pot. Add the soybeans and cook, covered, over a low heat for 20 minutes. Add the kombu and lentils, and continue to cook for another 15 minutes. Add the kale and cook for a final 15 minutes. Check the beans (should be a little crunchy) and cook a little longer if necessary. Remove from heat and set aside.
In a food processor, blend the bran cereal into a bread crumb consistency. Mix with the wheat germ and rolled oats.
In a large bowl, lightly whip the egg whites with a fork, mix in all the ingredients. Spice according to your taste, adding extra pepper or dill.
Spray a decorative baking mold or a 9" x 12" baking pan with canola oil. Firmly press the pate into place. It will be a good 3" high. Bake for 35 to 45 minutes, until firm but not dry. Serve hot from the oven or chilled with hot/cold Sauce Velvet
Sauce Velvet: blend ingredients until smooth. Add white pepper, and salt to taste.

(Per serving, including Sauce Velvet: Calories 492, Fat 14%, Protein 25%, Carb. 60%, 1 mg Choles.)

STUFFED POTATO

serves 8

Stuffed potatoes can be great portable meals, and are becoming increasingly popular. This dish is both economical and simple. To qualify nutritionally as a Megameal, these stuffed potatoes should be served with the Creamed Cole Slaw below. The cabbage and extra buttermilk fill in calcium.

4 large baking potatoes
1/4 head cabbage, shredded
1 cup celery, minced
4 carrots, shredded
3/4 red pepper, seeded, chopped fine
1/3 cup sunflower seeds
1/2 cup dill pickle, minced
1/3 cup raisins
3 sheets nori, shredded
1/2 cup buttermilk
1/2 lb fresh or frozen peas
1 tblsp balsamic vinegar
24 oz tuna (3 small cans/water)
1 tsp dry dill
2/3 cup nonfat dry milk
1/2 cup wheat germ
1 large tblsp yeast
2 cups buttermilk
1/2 cup lowfat\nonfat mozzarella cheese

Method:
Preheat oven to 350.
Gently scrub the potatoes, leaving the skins intact. Bake the potatoes for 45 minutes, or until a fork easily pierces into the middle. Remove from the oven, cut each potato in half, and let cool.
Meanwhile, chop, mince, or shred all vegetables as detailed in the list of ingredients above.
Drain the tuna fish well. Mix in the peas, celery, red pepper, nori and the dill pickle with the tuna. Add 1/4 cup buttermilk to moisten. Set aside.
Gently scoop out the potato meat. Leave the shell intact and set aside. Mash the potato meat with a fork or a potatoe masher, and blend in the nonfat dry milk, wheat germ, yeast, and approximately 1 to 1 1/2 cups buttermilk. Add buttermilk as needed for moist yet not runny mashed potatoes.
Fill each potato 3/4 full with the mashed potato mixture. Divide the tuna salad equally amongst the eight potato halves. Sprinkle the shredded mozzarella cheese on top.
Line a cookie sheet or baking dish with tin foil. Arrange the potato boats. Bake for 20 minutes.
Turn the oven to broil. Brown the cheese topping on the boats for 3 minutes. Serve immediately.
Creamed Cole Slaw:
Mix together the cabbage, carrots, sunflower seeds and raisins. In a separate bowl or shaker jar, mix the buttermilk, vinegar and dill. Shake well. Use the dressing to moisten only, you will have more than you need. Use the extra dressing as a dip for the potatoes. If you are keeping track of your calories, add in the calories of the amount of dip you use.

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545 Calories per serving. Percentage of calories from: Fat 29%, Protein 55%, Carb. 20%, 19mg Choles.

MOCK TURKEY GRAVY

Makes about 2 cups

This gravy is superb over baked or mashed potatoes, stroganoff, tofu, biscuits and rice. You can prepare it with half the oil, simply add a little more broth. If you do use less oil, you will need to diligently stir while thickening.

1/4 cup soy flour (whole wheat, oat or garbanzo flours are also good)
2 tablespoons olive oil
1 1/3 cups vegetable broth
2 tablespoons nutritional or brewer's yeast
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme
1/2 teaspoon soy or Worcestire sauce
Juice of 1/2 lemon
2 teaspoons arrowroot mixed with
2 teaspoons water, as needed

Method
In a medium-sized saucepan heat the flour for 3 minutes over low heat,or untill it smells toasted. Slowly stir in the olive oil, coating the flour completely. Gradually dribble in the vegetable broth, a quarter cup at a time, stirring constantly with a fork or whisk to avoid lumps. When all of the broth has been added, stir in the yeast along with the herbs, soy sauce, and lemon juice.
If the sauce is too thick, add more vegetable broth. It it is too thin, add the arrowroot mixture to the gravy. Repeat as necessary to reach the thickness you like.

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30 Calories per 1/4 cup serving. Percentage of calories from: Fat 35%, Protein 21%, Carb. 15%, 0mg Choles.

FRENCH TOAST with tofu

Serves 4

Canola Oil Cooking Spray
8 slices light (not dense) whole grain bread
1 cup evaporated skim milk, or low-fat soy milk
8 ounces soft tofu or 1 whole egg plus 4 egg whites
1/4 cup wheat germ
1 teaspoon honey
1 teaspoon vanilla
Dash of cinnamon and salt
Any fresh fruit, chopped to use as topping

Method

Preheat oven to 350 F.
Spray a 13" x 9" baking pan with canola oil. Arrange the bread slices in the pan, making 2 layers if necessary. Combine all the remaining ingredients except the fruit and beat well, or whip in a food processor, especially if using tofu.
Pour the mixture over the bread, cover, and let "marinate" for 20 minutes, or in the refrigerator overnight.
Bake for 30 to 40 minutes, or until lightly browned. Serve with chopped fresh fruit or sprinkle with powdered sugar.

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216 Calories per serving. Percentage of calories from: Fat 14%, Protein 23%, Carb. 62%, 0 mg. Choles. with tofu, 213 mg with 1 egg yolk

BULGUR with PURPLE CABBAGE and APPLES

Serves 8 (1 serving = 1 cup)

Perhaps the easiest of grains to prepare, bulgar is a wheat berry that has been precooked, dried, and cracked. This dish is an adaptation of a Balkan salad, and is slightly sweet. Use bulgar creatively as an alternative in recipes to millet, cous cous, or even rice.

2 cups bulgur
3 cups boiling water
1 red onions, diced
4 cups purple cabbage (approx. 1 medium head), shredded
1/4 cup water
3 large, red apples, cored - 2 chopped coarsely, 1 chopped fine
1/2 red pepper, chopped fine
1/4 cup apple cider or brown rice vinegar & 1/4 cup lemon juice
1/2 cup currents
1 tblsp honey
1 tblsp black pepper
1 tsp cinnamon
1 tsp poppy seeds
1/2 tsp ground cloves
olive oil cooking spray

Method:
Place the bulgar in a large heavy bowl and pour the boiling water over it. Let stand for 30 minutes, while you prepare the vegetables.
Spray a large skillet with olive oil. Heat over a medium flame and add the onions. Stir fry for 5 minutes. Add the cabbage and the 1/4 cup of water. Cover, and cook for 5 minutes, until the cabbage begins to wilt. Add the apples, red pepper and all the remaining spices, poppy seeds, currents, vinegar and honey. Cook, uncovered, for 5 - 10 minutes, depending on how crisp you would like your apples to be. Remove from heat.
Drain the bulgar and press as much liquid out as possible.
To serve as a vegetable side dish, blend the grains and apples and serve immediately. Or, to serve as a salad, allow the grains and veges to cool for 15 minutes. Blend together and serve cool topped with a few sprigs of mint .

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270 Calories per serving. Percentage of calories from: Fat 4%, Protein 9%, Carb. 87%, 0 Choles.

NOODEL KUGEL

Serves 8

This recipe doubles easily and is great for pot lucks or buffet luncheons. It makes a good dessert, but I enjoy it for a lunch entree even more.

4 oz whole wheat fettucine noodles
1 egg + 2 egg whites (see chapter 13 "Uses for Raw or
1 cup non-fat yogurt Cooked Leftover Eggyolks")
1/2 cup low-fat or nonfat cottage cheese
1/4 cup nonfat dry milk
3 tblsp maple syrup, honey, or molasses
1 tblsp lemon juice
1 tsp ground cinnamon
1/2 tsp nutmeg, preferably freshly grated
1 tsp vanilla
1/3 cup raisins, soaked overnight in red wine
1 large pear or apple, cored, pitted and chopped

Method

Preheat oven to 325.
Cook the noodles in a large pot, al dente, and drain. While they are boiling, whip the cottage cheese in a food processor untill creamy.
Add all the remaining ingredients to the cheese except the fruit and blend well.
Rinse the noodles with cold water and drain thouroughly. Add to the cheese mixture and stir in the fruit. Blend well.
Spray a 12 inch x 12 ince baking pan or a 2 qt casserole dish with canola oil. Pour in the kugel. Cover with foil. Bake for 30 minutes.
Remove foil and bake for another 15 minutes, or until a golden crust forms.
Remove from oven and cool.
While this kugel may be served warm, the flavors deepen when it is well chilled.

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184 Calories per serving. Percentage of calories from: Fat 10%, Protein 20%, Carb 70%, 45 mg choles.

GINGER SNAPS

Makes 3 dozen cookies

Cornmeal in a cookie makes for a wonderfully chewy treat. The optional candied ginger makes for a marvelous double-flavored cookie.

1 1/2 cup cornmeal
1 1/2 cup whole wheat pastry flour
1/4 cup nonfat dry milk
1/2 tsp baking soda
dash of salt
2 carrots, grated
1/4 stick, (2 oz) margarine, room temperature
1/4 cup frozen orange or pineapple juice
1 tblsp honey
1/4 cup fresh gingeroot, grated
2 tblsp lemon rind, grated
3/4 cup sunflower seeds, toasted
1/4 cup candied ginger or raisins
canola oil cooking spray

Note
I add a teaspoon of ginger powder and half a teaspoon of sweet and low sweetener and they turn out great.

Method:
Preheat oven to 350.
Sift together the cornmeal, flour, baking soda, non-fat dry milk and salt.
Rub in the margarine.
In a medium bowl, beat the honey, and fruit juice together until light and fluffy. Mix in the carrots, ginger, sunflower seeds, candied ginger and lemon rind.
Mix all ingredients together until barely moistened. The mix will appear dry, but the carrots moisten upon cooking.
Spray a non-stick cookie sheet with canola oil.
Roll spoonful to make the cookie, arranging close together and press down with a fork.
Bake for 12 - 15 minutes
To guarantee a chewy cookie, be sure to test after 12 minutes so that the cookies do not dry out.

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60 Calories per cookie. Percentage of calories from: Fat 31%, Protein 14%, Carb. 54%

The Optimal Daily Menu

Breakfast [Shake]

1 cup low fat milk or Orange Juice 1 tablespoon nonfat, dry milk ½ medium bananas 1 teaspoon wheat germ 6 frozen strawberries	Blend the milk, dry milk, banana, wheat (Vitamin E) and strawberries (Vitamin C) until smooth.
1 slice mixed-grain bread with 1 tablespoon apple butter	Apple butter is deliciously creamy on toast.

Lunch

2 slices, mixed-grain bread 1 tablespoon tahini or peanut butter 1 teaspoon all fruit preserves	Make a sandwich with tahini or peanut butter and all fruit preserves.
1 apple 1 dried fig 1 brazil nut	The fig is very high in fiber and naturally sweet.
small bag pretzels or corn chips 1 cup low fat milk	Snacks

Dinner

2 shitake mushrooms Olive oil & Garlic 3 oz chicken breast, meat only	Lightly sear chopped mushrooms in olive oil and garlic. Add cube sized chicken slices with a little water and sear for several minutes. Add water as needed, cover, and simmer for five minutes.
½ cup chopped spinach, ¼ cup chopped red peppers ¼ bottle tomato sauce	Add spinach, red pepper, tomato sauce and cook for an additional 12-15 minutes.
	Prepare noodles.
½ cup cooked soba noodles	Mix together shredded lettuce & spinach, with broccoli and grated carrot.
1 romaine lettuce ½ cup spinach ½ cup broccoli ¼ cup carrots	Use a spray bottle to lightly coat salad with olive oil.
1 teaspoon olive oil ½ teaspoon rice wine vinegar marjoram, basil, chives, fresh black pepper.	Stir in vinegar and herbs of choice, marjoram, basil, chives, fresh black pepper.